

Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of refrigerator 32 degrees for up to 2 days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to 2 months. Thaw in the refrigerator or under cold running water.

How Much to Buy

- Fillets $\frac{1}{4}$ to $\frac{1}{3}$ pound per serving
- Whole/drawn fish $\frac{3}{4}$ to 1 pound per serving
- Dressed whole fish $\frac{1}{2}$ pound per serving

Cooking Tips

- Cook fish at 400 degrees for 10 minutes per inch of thickness of the fillet or steak.
- Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not overcook.
- To grill, use a grill basket to prevent the meat from falling through the grill.

Pompano

Florida pompano is a member of the jack family (Carangidae) which includes approximately 140 varieties worldwide. Pompano has a deep, thin, silvery body with a greenish-gray coloration on the back. Favored for its unique mild flavor and lean light meat, an adult pompano averages about 2 pounds in size, but is usually not larger than 7 pounds. Pompano is found along Florida's coasts schooling off sandy beaches, brackish bays, inlets, seagrass beds, estuaries, and oyster bars. It is most prevalent from October to December and again from April to July.

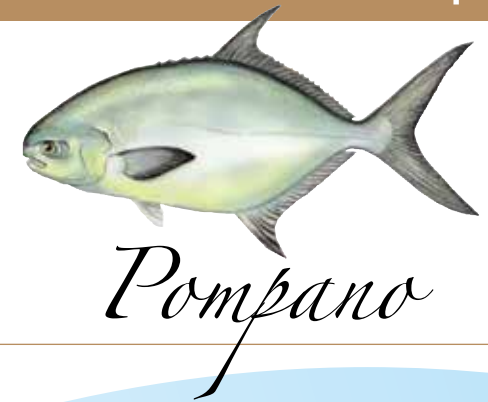
Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 186, Calories From Fat 97, Total Fat 11g, Saturated Fat 4g, Trans Fatty Acid 0, Cholesterol 57mg, Sodium 74mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0.64g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

FreshFromFlorida.com/Seafood

Seafood Recipes



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Agriculture and Consumer Services**



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Pompano with Ratatouille

Ingredients

- 5 Tablespoons olive oil, divided
- 1 Cup Florida yellow onion, chopped
- 3 Cloves Florida garlic, finely chopped
- 3 Medium Florida red tomatoes, chopped
- 1 Small Florida eggplant, diced
- 2 Medium Florida red bell peppers, diced
- 2 Medium Florida zucchini, diced
- 2 Tablespoons fresh Florida lemon juice
- ½ Teaspoon salt
- ¼ Teaspoon freshly ground black pepper
- 1 Tablespoon fresh Florida basil, chopped
- 1 Tablespoon Florida parsley, chopped
- 4 6-ounce Florida pompano fillets

Preparation

Heat 3 tablespoons of oil in a large skillet over medium heat. Add onion and garlic; sauté 5 minutes until softened. Add tomatoes, eggplant, peppers and zucchini; lower heat to medium-low. Simmer until the vegetables are tender, stirring occasionally. Add the lemon juice, salt, and pepper; stir in the basil and parsley. Reduce heat and keep warm. In a clean sauté pan, heat the remaining 2 tablespoons oil over medium-high heat. Add the fillets and cook 3-4 minutes on each side until cooked through. Serve topped with the cooked vegetable ratatouille.

Yield

8 servings

Pompano Portobello Mornay

Ingredients

- 8 Tablespoons butter, divided
- 3 Medium Florida portobello mushrooms, sliced
- ½ Cup brandy
- 1 Cup heavy cream
- ¼ Cup grated Parmesan cheese
- 2 Fresh Florida thyme leaves, minced
- salt and pepper to taste
- 1 Tablespoon seafood seasoning
- 4 6-ounce Florida pompano fillets

Preparation

Melt 4 tablespoons butter in a large sauté pan over medium-high heat. Add mushroom slices; sauté about 7 minutes until soft and lightly browned. Add brandy and simmer until liquid reduces to a glaze. Reduce heat to medium and add cream, Parmesan cheese and thyme; simmer 7 minutes until sauce thickens, stirring occasionally. Season with salt and pepper and keep warm. Season the fillets with seafood seasoning. Melt remaining 4 tablespoons butter in a large skillet over medium-high heat. Add fish and sauté 3 minutes per side, turning once, until cooked through and opaque in the center. Transfer fillets to serving plate and spoon sauce over.

Yield

4 servings

Florida Pompano Almandine

Ingredients

- ½ Cup sliced almonds
- 4 Tablespoons butter, melted
- 4 6-ounce Florida pompano fillets
- 2 Teaspoons cayenne pepper
- sea salt to taste
- ground black pepper to taste
- 1 Cup rice flour
- ½ Cup butter
- ¼ Cup Florida lemon juice
- ¼ Cup Florida flat leaf parsley, chopped

Preparation

Heat oven to 325 degrees. Place sliced almonds and 4 tablespoons butter in ovenproof dish; roast for 7 minutes or until golden. Remove from oven and set aside. Sprinkle fillets with seasonings then dredge in flour. Melt ½ cup butter in shallow skillet over medium-high heat; add fillets and cook 3-5 minutes per side until cooked through. Remove fillets from pan and keep warm. Add toasted almonds, lemon juice and parsley to butter in the skillet; mix well then spoon over cooked fillets.

Yield

4 servings